

BLUE VALLEY RELAYS

Blue Valley High School
159th & Lamar

Blue Valley High, Blue Valley Northwest, Blue Valley Southwest, Blue Valley West, Lawrence Free State, Shawnee Mission East, Shawnee Mission North, Shawnee Mission Northwest, Shawnee Mission South, St. Thomas Aquinas

Saturday April 7, 2012

8:45 AM Head Coaches' Scratch in the Press Box

(Scratch and Sub Field Events at the site, 3 throws or jumps and 7 to the finals)

Field Events

Start	Boys'	Girls'
9:00am	Discus Long Jump High Jump	Javelin Triple Jump Pole Vault
10:15am	Shot Triple Jump	Discus Long Jump
11:30am	Javelin Pole Vault	Shot High Jump

Track Events

10:00 Girls' 400 M Shuttle Hurdle Relay (33")
10:15 Boys' 440 M Shuttle Hurdle Relay (39")
10:30 Girls' 4 x 800 M Relay
10:45 Boys' 4 x 800 M Relay
11:00 Girls' 100 M Dash Preliminaries
11:10 Boys' 100 M Dash Preliminaries
11:25 Girl's 1600 M Run
11:35 Boy's 1600 M Run
11:45 Girl's 1600 M Sprint Medley Relay (200-200-400-800)
11:55 Boy's 1600 M Sprint Medley Relay (200-200-400-800)
12:05 The Harry McDonald Masters' Mile (1600m public open event)
12:30 Hall of Fame Induction
12:35 Girls' 100 M Dash Finals
12:40 Boys' 100 M Dash Finals
12:50 Girls' 300 M Hurdles (30")
1:00 Boys' 300 M Hurdles (36")
1:15 Girls' 4 x 100 M Relay
1:25 Boys' 4 x 100 M Relay
1:30 Girls' 4 x 100 M Throwers Relay
1:35 Boys' 4 x 100 M Throwers Relay
1:40 Girls' Distance Medley Relay (800-400-1200-1600)
1:55 Boys' Distance Medley Relay (800-400-1200-1600)
2:10 Girls' 4 x 200 M Relay
2:15 Boys' 4 x 200 M Relay
2:25 Girls' 3200 M Run
2:40 Boys' 3200 M Run
2:50 Girls' 4 x 400 M Relay
3:00 Boys' 4 x 400 M Relay

This schedule is only a guide. If we get behind we will attempt to catch up. If we get ahead we will continue to run ahead.